

SELF-ADVOCACY NEWSLETTER

Merrick, Inc.



DAY AT COURT

On October 17th, Self-Advocates in Minnesota were invited to the United States District Court for the District of Minnesota by the Honorable Judge Donovan Frank for a full day of panels, tours, experiencing the Justice and Democracy Center, and a catered lunch. The Law Enforcement Panel included agents from ATF (explosives) including ATF trained dogs, FBI, DEA, US Marshals, and the St. Paul Police Department. The afternoon session included a panel of lawyers who specialize in disability rights. The Justice and Democracy Center, located inside the Federal Courthouse, is a gallery containing a brief history of law and civic duty in the United States. Advocates were encouraged to dress in Judge's robes and sit in the Jury box. (see photographs on page 2)

JUDGE FRANK'S OFFICE

Before lunch, Advocates were directed to have a moment in Judge Frank's quarters. Judge Frank welcomed everyone to browse memorabilia of his involvement in disability rights over the decades displayed throughout his office.



Court Photographs (Cont.)













Empower! Lunch



The Empower! Lunch is an annual event to raise funds for Merrick's Life Enrichment program. Guests were highly encouraged to donate after enjoying their meals and a presentation by guest speaker and artist, Cadex Herrera.

Merrick Self-Advocates were also present from the Enhanced, Utility, and Life Enrichment programs. David and Brian, two self-advocates (pictured below), spontaneously shared their gratitude for the turn-out and continued support.





AMPLIFIED VOICES

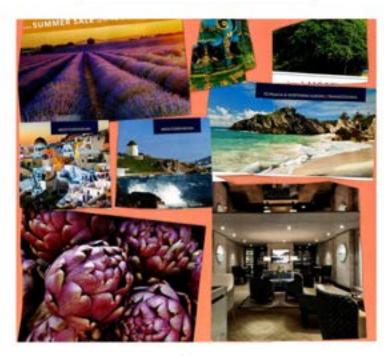
I feel powerful when other people are having a bad day, and I help them out. If I can't, I let it go. -Cindy O.

> My dream life would be like Peter Brady, because he likes to talk in his dreams. -Angie M.

The thing I am looking forward to the most next year is getting my 20 year award.

-Jill S.

COLLAGE MOMENT



Future Trips - Kay R..

Reflection Corner

Q: Have you had a chance to help someone recently. If so, how did that make you feel?

A: I donated toys for Christmas to give to families in need. It made me happy. -David L.

Q: What did you enjoy the most this year?

A: Time with my sister, and memorizing things! -Ed H.

A: Shopping -Sherry R. & Kristina F.

Q: What made you laugh or smile today?

A: Friends -Melanie S.

A: Funny people! -Sherry R.

A: Music -David B.

A: Seeing others smiling and having fun.-Ed H.

Building Relationships Word Search

Р	R	K	U	Р	L	1	F	Т	0	Ν	D	Н	Z	٧
G	Ν	1	D	Ν	Α	Т	S	R	Ε	D	Ν	U	Υ	P
В	1	Ν	T	Ε	C	J	Ν	Z	L	0	G	Υ	S	R
0	Н	D	S	٧	Ε	R	S	G	R	Χ	Ε	S	U	0
U	G	Ν	С	Ε	0	W	Ε	0	M	U	Ν	0	Р	G
N	Ε	Ε	Ε	R	L	0	٧	Ε	D	0	Ν	Ε	S	R
D	W	S	M	Р	٧	F	Υ	L	Т	Α	Ε	Р	0	Ε
Α	٧	S	Р	M	Т	Т	C	S	W	F	0	C	U	S
R	0	F	Α	L	F	1	L	Α	M	R	Ν	Т	Т	Р
1	Т	1	T	F	0	R	M	Α	R	1	0	N	S	Ε
Ε	Ε	C	Н	S	Ε	F	M	L	Ε	Ε	D	Α	W	C
S	Α	F	Υ	1	R	M	Α	Т	1	N	N	X	M	Т
Ε	C	В	G	R	Α	Т	1	Т	U	D	Ε	D	Ε	Ε
Υ	C	0	M	F	0	R	T	Ν	C	S	S	1	F	S
Α	C	Т	t	V	Ε	L	1	S	Т	Ε	Ν	-	Ν	G

Respect Understanding Uplift

Friends Active Listening Comfort

Self-Care Focus Empathy

Boundaries Gratitude Loved Ones